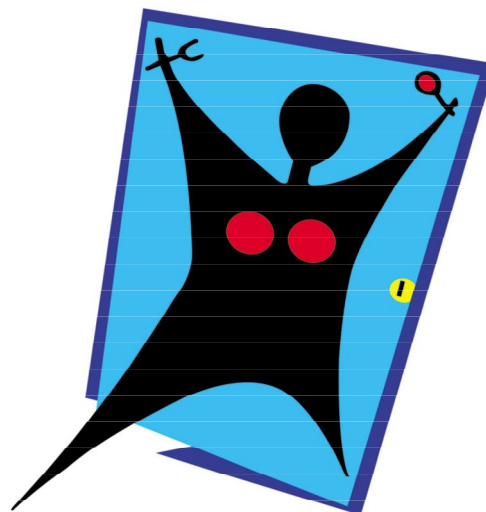


# Through The Kitchen Door

International, Inc.



**A non-profit organization that uses food as the fuel for family stability and community economic development**

**Our TRAINING PROGRAMS promote and enhance professional skills, self-confidence, healthy lifestyles, nutrition**



**The Essential Kitchen 101 - a basic 15 hour cooking class designed for adults and taught in Spanish and English**

**Monday - Friday, July 21-25, 2008  
10 AM - 1:00 PM**

**The Universities At Shady Grove  
9630 Gudelsky Dr, Rockville, MD 20850,  
Building 2, kitchen  
(Ride-On Bus 43 Traville Transit Center from  
Shady Grove Metro)**

**IT'S FREE!**

**Come enjoy, learn, eat healthier, beat the obesity trend, make delicious family meals and get professional training!**

**For more information on this training, or to register contact:**

**Christy Swanson  
202-829-8073**